Forerunner® 10 Quick Start Manual
Quick Start Manual

Introduction

See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

Device Overview

Before you use your Forerunner the first time, take a moment to familiarize yourself with the available features.

Four-key interface: Allows you to quickly access the features of the Forerunner.

> **NOTE:** Some keys have more than one function (page 2).

Run timer: Records your time, distance, pace, and calories while you run (page 2).

Run/walk interval timer: Allows you to use timed walking breaks at regular intervals during a run/walk training session (page 2).

Virtual Pacer™: Helps you maintain your pace by alerting you when you are running too fast or too slow (page 2).

Auto Lap®: Marks a lap after each mile or kilometer. This feature is enabled by default (page 2).

Auto Pause®: Pauses the timer when you stop moving (page 3).

Clip-on charger: Charges the Forerunner using your computer (page 3).

Keys

①	💡	Turn on the device. Turn on the backlight.
②	🏃	Start and stop the timer. Select the highlighted menu item.
③	▽	Move to the next item in the menu. Move to the next data page when the timer is running.
④	↩	Go back without making a selection.

Going for a Run

The device comes partially charged. You may need to charge the device (page 3) before going for a run.

NOTE: The device turns on automatically while charging. If you do not charge the device before going for a run, hold 💡 to turn on the device.

1. Select 🏃.
2. ⬤ flashes while the device finds your location.

   When the device finds your location, ⬤ displays solid.
3. Select **Start** to start the timer.

   Pace ①, distance ②, time ③, and calories burned ④ are recorded while the timer is running.

TIP: Select ▽ to view your calories burned and pace.

4. Select 🏃 to stop the timer after you complete your run.
5. Select an option:
   - Select **Resume** to restart the timer.
   - Select **Save** to save the run and reset the timer. You can now upload your run to Garmin Connect™ (page 2).
   - Select **Discard** to delete the run.

Using Garmin Connect

You can upload all of your activity data to Garmin Connect for comprehensive analysis. With Garmin Connect, you can view a map of your activity, and share your activities with friends.

1. Connect the device to your computer using the USB cable.
2. Go to www.garminconnect.com/start.
3. Follow the on-screen instructions.

Using Run and Walk Intervals

NOTE: You must set up the run/walk feature before starting a run. After you start the run timer, you cannot change the settings.

1. Select ▽ > **Run Options** > **Run/Walk** > **Turn On**.
2. Set the run time for each interval.
3. Set the walk time for each interval.
4. Go for a run.

After you turn on the run/walk feature, it is used every time you go for a run unless you turn it off or enable Virtual Pacer (page 2).

Virtual Pacer

Virtual Pacer is a training tool designed to help you improve your performance by encouraging you to run at the pace you set.

Running With Virtual Pacer

NOTE: You must set up Virtual Pacer before starting a run. After you start the run timer, you cannot change the settings.

1. Select ▽ > **Run Options** > **Virtual Pacer**.
2. Select **Turn On** or **Edit Pace** to set the pace.
3. Enter your pace.

After you turn on Virtual Pacer, it is used every time you go for a run unless you turn it off or enable run/walk (page 2).

Using Auto Lap

You can set your device to use Auto Lap, which automatically marks a lap at every mile (kilometer), or you can mark laps manually. This feature is helpful for comparing your performance over different parts of an activity.

1. Select ▽ > **Run Options** > **Laps**.

2 Select an option:
- Select **Auto Lap** > **Turn On** to use Auto Lap.
- Select **Lap Key** > **Turn On** to use ↰ to mark a lap during an activity.

3 Go for a run ().

Pausing Your Run Automatically

You can use Auto Pause to pause the timer automatically when you stop moving. This feature is helpful if your run includes stop lights or other places where you need to stop.

NOTE: The paused time is not saved with your history data.

Select ▽ > **Run Options** > **Auto Pause** > **Turn On**.

Charging the Device

NOTICE

To prevent corrosion, thoroughly dry the contacts and the surrounding area before charging or connecting to a computer.

1 Plug the USB cable into a USB port on your computer.
2 Align the charger posts with the contacts on the back of the device, and press the charger until it clicks.

3 Charge the device completely.

Resetting Your Device

If the device stops responding, you may need to reset it.

1 Hold ♀ for at least 15 seconds.
2 Hold ♀ for one second to turn on the device.

Getting the Owner's Manual

You can get the latest owner's manual from the web.

1 Go to www.garmin.com/support.
2 Select **Product Documentation**.
3 Follow the on-screen instructions to select your product.

Getting More Information

You can find more information about this product on the Garmin® website.

- Go to www.garmin.com/intosports.
- Go to www.garmin.com/learningcenter.
- Go to http://buy.garmin.com, or contact your Garmin dealer for information about optional accessories and replacement parts.

Registering Your Device

Help us better support you by completing our online registration today.

- Go to http://my.garmin.com.

- Keep the original sales receipt, or a photocopy, in a safe place.

www.garmin.com/support

🇺🇸 913-397-8200 1-800-800-1020	🇬🇧 0808 2380000 +44 870 850 1242	🇨🇦 1-866-429-9296	🇦🇹 43 (0) 3133 3181 0
🇧🇪 00 32 2 672 52 54	🇩🇰 00 45 4810 5050	🇫🇮 00 358 9 6937 9758	🇫🇷 00 331 55 69 33 99
🇩🇪 0180 5 / 42 76 46 - 880	🇮🇹 00 39 02 3669 9699	🇳🇱 0800-0233937	🇳🇴 815 69 555
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